

Sample: Healthy Eating Guidelines

Background

The [**Organization/Agency**] recommends that New Hampshire adults and children eat more fruits and vegetables every day to promote good health. Adults and teens need 3½ to 6½ cups of fruits and vegetables, and elementary aged children need 2½ to 5 cups of fruits and vegetables every day. Research shows that fruits and vegetables coupled with at least 60 minutes of daily physical activity are critical to promoting good health.

[**School/Youth Program**] plays an important role in the lives of [**X**] children every day, and in doing so recognizes its role in providing youth with a healthy environment that promotes eating more fruits and vegetables and participating in regular physical activity. Studies show that good health improves academic performance, memory, and the ability to focus. Children engaged in daily physical activity show superior motor fitness, academic performance and a more positive attitude toward school as compared to their counterparts who do not participate in daily physical education.

[**School/Youth Program Name**] Healthy Eating Guidelines

The foods served in our [**School/Youth Program**] should serve as a model of healthy eating to our children, their families, and our communities.

These suggested guidelines apply to all snacks and meals served to children at [**School/Youth Program**]. Program staff are requested to work with food service, caterers, teachers, and volunteers to ensure that healthy fruits and vegetables are served as snacks and that fruits and vegetables are served with meals. This emphasis on fruits and vegetables is a first step that may lead to other healthful changes in foods served to children in our [**School/Youth Program**].

[**School/Youth Program**]'s "Healthy Eating Guidelines" encourages:

- ☐ Serving plenty of fruits and vegetables as snacks.
- ☐ Serving two healthy vegetable dishes at lunch.
- ☐ Serving more vegetables at meals and providing fruit for dessert.
- ☐ Making fruits and vegetables more appealing to kids by including them in choosing and preparing fruit or vegetable dishes.
- ☐ Providing adequate time to eat meals.
- ☐ Prohibiting the use of food as reward or punishment for behavior.

Suggestions for Snacks and Healthy Meals

Snacks

- ☐ Serve fresh fruit like strawberries, apples, oranges, kiwis, pears, and grapes.
- ☐ Serve raw vegetables like baby carrots, broccoli and cauliflower florets, cherry tomatoes, and pepper strips with lowfat dip.
- ☐ Serve sliced fresh fruits like strawberries, apples, kiwis, and melons with low fat yogurt dip.
- ☐ Serve 100% fruit and vegetable juices.

Breakfast

- ☐ Serve 100% fruit and vegetable juices.
- ☐ Serve fresh fruit or fruit salad.
- ☐ Serve fruit with cereal.

Lunch

- ☐ Serve main dishes that contain lots of vegetables like stir-fry or pasta.
- ☐ Serve at least one vegetable side dish.
- ☐ Serve salads with lots of colorful vegetables.
- ☐ Serve vegetable-based soups like tomato soup, split pea soup, or minestrone.
- ☐ Serve plenty of vegetable toppings for sandwiches like sliced tomatoes and different kinds of lettuce.
- ☐ Serve fruit for dessert like strawberries, apples, oranges, kiwis, pears, and grapes.